

# Skating Programs—What You Need to Know/Skating Description Chart

## Skating Programs—What You Need to Know

### Ice Skates (skate rental not available)

- Leather skates with laces are preferred
- Size should be 1½ to 1 size smaller than your shoe size
- One pair of socks only: wear them when going to try on skates
- Have skates sharpened, even brand new ones; wear protective guards when not on ice
- Do not remove picks from figure skates
- Always dry your skate blades off after skating and do not store protective guards on
- Molded or skates with buckles or straps not recommended

### Helmets and Face Masks

- CSA approved hockey helmets are mandatory for participants registered in the following levels: Parent/Tot, Preschool, Mini Hockey, Hockey Skating Skills, Power Skating and Junior Levels. Students without helmets will not be permitted on the ice. **Bicycle helmets are not permitted.**
- CSA approved hockey helmets are strongly recommended for Adult Beginner Skaters

- Chin guards or face masks are strongly recommended
- Full equipment and stick are mandatory for the Power Skating Program

### Clothing

- Wear mittens and warm loose fitting clothing
- Avoid bulky snow suits, long coats and scarves

### Progress Cards

- Students previously registered in Junior, Intermediate, Advanced and Hockey Skating Skills are asked to bring their progress card to the first class. The card will be returned at the end of the session.
- Please notify your instructor on the first day if your child is registered at another arena location/program during the term

### Special Note For Parents/Guardians

- You are required to remain in the facility during your child's skating class. Should there be an emergency on ice, the Instructing staff can not leave the ice surface



## Skating Description Chart

Activity	Age	Description
Parent and Tot Skating 30 min	3 years to 5 years	Adult and child must wear skates. CSA approved hockey helmet is mandatory. Face mask is recommended. Adult must be able to skate. One adult per child. No bob skates.
Preschool Skating 30 min	4 years to 5 years	Beginners welcomed. CSA approved hockey helmet is mandatory. Face mask is recommended.
Semi Private Preschool Skating 30 min	4 years to 5 years	Same as preschool skating, reduced class size. Beginners welcomed. CSA approved hockey helmet is mandatory. Face mask is recommended.
Junior Skating 50 min	6 years to 13 years	Beginners welcomed. Children are grouped according to their ability on the first day. Returning students please bring your progress card. CSA approved hockey helmet is mandatory. Face mask is recommended.
Junior Skating Level 5 50 min	6 years to 13 years	This program is combined with higher skating levels. Participants must complete Junior Skating level 4. CSA approved hockey helmet is mandatory.
Semi Private Junior Skating 30 min	6 years to 13 years	Same as junior skating; reduced class size. CSA approved hockey helmet is mandatory. Face mask is recommended. Beginners welcomed.

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Activity	Age	Description
<b>Intermediate Skating</b> 50 min	6 years to 16 years	All skaters must have completed Junior level 5. Skaters work on edges, turns and crossovers. May wear figure skates or hockey skates.
<b>Advanced Skating</b> 50 min	6 years to 18 years	Must have completed Intermediate Level 5. Skaters work on edges, jumps, spins, turns and ice dancing. Participants wear figure skates. No hockey skates.
<b>Teen Skating</b> 50 min	13 years to 16 years	For teens wishing to improve their skating. Participants will be divided into groups according to their ability. Beginners welcomed. If you do not know how to stop competently, you must wear a CSA approved hockey helmet.
<b>Mini Hockey</b> 50 min	4 years to 6 years	An introduction to the skills and drills used in hockey. Participants must be able to skate the length of the ice with speed and be able to glide. Skills will be assessed the first day. CSA approved hockey helmet with face mask is mandatory. Hockey equipment is optional. Stick and puck are provided.
<b>Hockey Skating Skills</b> 50 min	7 years to 14 years	Pucks and sticks are not used in this program. For all skaters, not just hockey players. All skaters must be able to skate forwards and stop competently or they should register in Junior skating to acquire these skills. Learn and improve your basic skating skills, crossovers, turns, striding and backward skating. Hockey attire is optional. Figure skates are not allowed. CSA approved hockey helmet is mandatory. Face mask is recommended.
<b>Power Skating</b> 50 min	6 years to 8 years	Full equipment and hockey stick are required. Designed for hockey players to help improve their basic skills, strength and endurance. Skaters must be competent in forward skating and stopping. Skaters will be screened the first day to assess their suitability for the program.
<b>Power Skating</b> 50 min	9 years to 13 years	Full equipment and hockey stick are required. Designed for hockey players to help improve their basic skills, strength and endurance. Skaters must be competent in forward skating, backward skating and stopping. Skaters will be screened the first day to assess their suitability for the program.
<b>Power Skating Plus</b> 50 min	9 years to 13 years	Pucks are incorporated in skating skills drills. Full hockey equipment, CSA approved hockey helmet and stick is mandatory.
<b>Power Skating</b> 50 min	13 years to 16 years	Full equipment and hockey stick are required. Designed for hockey players to help improve their basic skills, strength and endurance. Skaters must be competent in forward skating, backward skating and stopping. Skaters will be screened the first day to assess their suitability for the program.
<b>Adult Skating</b> 50 min	16 years and older	Beginners Welcomed! For adults who want to learn or improve their forward skating, backward skating, turns and stopping. Skaters will be grouped according to experience. CSA hockey helmet is mandatory if you can not stop competently.
<b>Adult Cardio Skate</b> 50 min	16 years and older	A fast-paced skate session using the entire ice surface incorporating skating skill drills with music. A definite workout! To register for this program you must be a competent forward and backward skater, be able to turn forward and backwards.
<b>Adult Power Skating</b> 50 min	16 years and older	A great cardio workout for adults who play hockey and want to sharpen up their skating skills. Vigorous workout with emphasis on strength and endurance. Full equipment and stick required.
<b>Adult Power Skating Plus</b> 50 min	16 years and older	Pucks are incorporated in skating skills drills. Full hockey equipment, CSA approved hockey helmet and stick is mandatory
<b>Adult Ice Dancing</b> 50 min	16 years and older	Must be comfortable skating forwards and backwards. Qualified Dance Professional has designed a program to introduce basic skating edges while incorporating it to music and rhythm.
<b>Special Needs Skating</b> 30 min	6 years and older	Participants with special needs learn to skate at their own pace. CSA approved hockey helmet is mandatory. Participant must provide their own volunteer worker.